Form 144 Filer Information

**FORM 144** 

#### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

#### Form 144

NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information			
Filer CIK	0001923538		
Filer CCC	XXXXXXXX		
Is this a LIVE or TEST Filing?	● LIVE ◎ TEST		
Submission Contact Information			
Name			
Phone			
E-Mail Address			
144: Issuer Information			
Name of Issuer	Life Time Group Holdings, Inc.		
SEC File Number	001-40887		
Address of Issuer	2902 CORPORATE PLACE CHANHASSEN MINNESOTA 55317		
Phone	(952) 947-0000		
Name of Person for Whose Account the Securities are To Be Sold	Weaver Erik		
See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.			
Relationship to Issuer	Officer		
144: Securities Information			
Title of the Class of Securities To Be Sold	Common		
Name and Address of the Broker	Morgan Stanley Smith Barney LLC Executive Services 200 W Civic Center Dr - 4th Floor Sandy UT 84070		
Number of Shares or Other Units To Be Sold	20579		
Aggregate Market Value	288318.73		
Number of Shares or Other Units Outstanding	196400000		
Approximate Date of Sale	02/29/2024		
Name the Securities Exchange	NYSE		

any part of the purchase price or other consideration therefor:

144: Securities To Be Sold		
Title of the Class	COMMON	
Date you Acquired	10/12/2023	
Nature of Acquisition Transaction	RESTRICTED STOCK	
Name of Person from Whom Acquired	ISSUER	
Is this a Gift?	□ Date Donor Acquired	
Amount of Securities Acquired	10453	
Date of Payment	10/12/2023	
Nature of Payment	COMPENSATION	

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

## 144: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	02/23/2024
Nature of Acquisition Transaction	RESTRICTED STOCK
Name of Person from Whom Acquired	ISSUER
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	10126
Date of Payment	02/23/2024
Nature of Payment	COMPENSATION

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

# 144: Securities Sold During The Past 3 Months

Name and Address of Seller	ERIK WEAVER 2902 CORPORATE PLACE CHANHASSEN MN 55317
Title of Securities Sold	RESTRICTED STOCK
Date of Sale	02/28/2024
Amount of Securities Sold	5269
Gross Proceeds	67287.24

# 144: Remarks and Signature

Remarks	
Date of Notice	02/29/2024

### **ATTENTION:**

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	/s/ Erik Duwayne Weaver

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)